



## CITY OF LEWISTON RECREATION DIVISION

65 CENTRAL AVE., LEWISTON, ME 04240

Phone: 513-3005 - Fax: 786-0783

City Web site: [www.lewistonmaine.gov](http://www.lewistonmaine.gov) or Blog Site: [www.lewrec.blogspot.com](http://www.lewrec.blogspot.com)



### **INTRODUCTION TO FIELD HOCKEY**

#### **Ages 6-14**

Welcome to our Instructional Field Hockey Program. This is a six week "Introduction to Field Hockey" Program. It is a clinic where the fundamentals of Field Hockey are introduced and practiced. We have many activities planned. Our goal is to help your child learn the fundamentals of this exciting sport. In order to give your child a well-rounded experience, we will include basic techniques, definition of positions, drills to help implement those positions, basic ground rules of the game, etc...

When youth arrive for the first week, please sign in with the Director. After sign in, youth will be directed to the Instructors for warm-ups. Parents make sure your child is with their assigned instructors every Sunday.

The Division may schedule scrimmages within the local area. Travel to the sites is the responsibility of the parents. More information to follow.

**REGISTRATION FEE:** \$70, *\$50 Lewiston Resident Discount*

*\$10.00 Administration fee charged on Refunds*

**PRACTICE:** The program will be held at Franklin Pasture Athletic Complex – Field Hockey Field. Sundays - September 13<sup>th</sup> to October 18<sup>th</sup> from 3:00 pm to 5:00 pm

**YOUR INSTRUCTORS** are members of area College and High School Field Hockey Teams, they are skilled and knowledgeable in the sport of Field Hockey.

**EQUIPMENT NEEDED:** Mouth Guards, Goggles and Cleats are mandatory. Sticks, shin guards & balls will be supplied by the Recreation Division. Sticks and shin guards may be obtained from the Recreation Division. Please see your Director for individual equipment sign out. You may bring your own field hockey stick, shin guards & ball. Bring a water bottle. **Please label everything.**

**CANCELLATIONS:** Practices will be cancelled in case of heavy rain, thunder and lightning or if it has been raining several hours and the fields are not playable. Practice will not be cancelled in fog or a light mist. **NO CALLS will be made to parents. Cancellations will be posted on the blogsite:** [www.lewrec.blogspot.com](http://www.lewrec.blogspot.com)

**UNIFORM:** Please dress comfortably. It does get cold out, please bring a sweatshirt, gloves and hat.

**LOST & FOUND:** See Director – or call 513-3005

**LRD EQUIPMENT:** Please return any LRD equipment at the end of the last session. Any equipment that has not been returned will be assessed a replacement fee.

**RESPECT & COURTESY:** We require that our staff be respectful and courteous. We ask that all participants and parents are respectful and courteous. We do welcome any concerns, complaints and/or suggestions. These should be brought to the attention of the Director who will be on site at each session or call LRD at 513-3005.

Please be careful driving in and around the parking area. There will be much activity between sessions as participants' arrive and leave.

**PARENTS:** who would like to assist with the Field Hockey Program, please fill out the Volunteer Forms available at the Recreation Division/see Director.

*\*Dogs – Please leave your pets at home. Domestic animals in city parks and athletic fields are not allowed one-half hour prior to and for the duration of any city or school department scheduled activity.*

*FMI refer to Lewiston Code Chapter 14 CH 14:20*

*\*Smoking – Smoking on athletic fields during certain times, and on city playgrounds and in certain parks prohibited. Smoking and all other use of tobacco products will not be permitted on city-owned athletic fields for the period commencing one half-hour prior to and for the duration of any city or school department scheduled or sanctioned activity or event.*